

YOU'RE INVITED TO "AMPLIFY" in 2019!!"

Join our Quest & Follow Your Heart to a Path of Purpose!



**"When you learn, teach.
When you get, give."
Maya Angelou**

Hey, Soul Sister! How would YOU like to:

- ♥ **CONNECT** to a higher level of *Self-Awareness*? (to live by design, not default)
- ♥ **INSPIRE** yourself to embody a healthy *Self-Love*? (to love others more)
- ♥ **SERVE** in the highest way through *Self-Leadership*? (to lead others better)
- ♥ **AMPLIFY** your soul purpose and positive impact? (to create a We-Centered world)

In honor of the New Year, I'm over-the-moon excited to invite you to join us as we embrace the joys of a Restorative lifestyle – working smart, playing hard, and resting well so we can rise up to our personal and professional challenges with more grace, grit, and gratitude this year.

Our Innovative Program, "AMPLIFY" is deliberately crafted to build upon the concepts and Balanced Success tools from the Elevate program. This small group mastermind is Divinely designed to help you find your calling, and use your unique gifts and talents to rock your mission and make the world a better place.

If you're a 'lightworker': "A person driven and motivated to do work which makes the world a better place, improves people's lives, and/or elevates people to a higher level of consciousness." (Wiktionary) this program is for you! If there's a stirring in your soul to leave graceful footprints in the world in ANY role that adds light to the world, this is for you! Whether a teacher, healer, woman who desires to create a legacy of love, this is for you!

During this program, we'll use an Integrated Energy Assessment tool to help identify what's fueling the patterns that are holding you back and depleting life force energy, and to get clear about the action steps you need to take to change them.

The Mission of this Program:

Once we identify what's fueling the patterns that are holding us back and depleting life force energy, and get clear about the action steps we need to take to change, we will continue integrating the layered learning of our Elevate program. Providing Exceptional Leadership Training and Professional Group Coaching, giving each of us the necessary tools to stay Focused, Positive, and Excited about Work and Life while promoting Highly Productive, Heart-Centered Collaboration and Balanced Success.

All Synergy Leadership Development Programs are designed to provide massive support, structure, encouragement, accountability, clarity, training, laughter, mindset shifts – in an unconditionally accepting, relaxed environment where you feel seen, heard, and supported.

Will you indulge yourself for one precious moment? Imagine what you could be, do, or have with a record-high return on the energy, time, and resources that you invest in next year? Consider gifting yourself the love and support you deserve to create a life you love. And say “YES” to this life-changing journey with a phenomenal tribe of soul-sisters.

Soul Sisters are Precious (& the Secret Sauce to Keep Burnout at Bay!)

Close-knit “soul sisters” keep you growing, stretching, and learning – they keep you accountable to your highest values. They make you laugh and feel more like yourself when you’re with them.

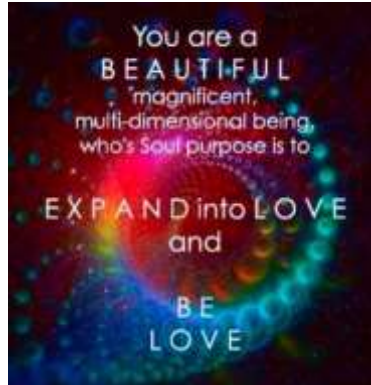
I used to think that friends were the people who unconditionally comforted you when you felt wronged, showed up for you when you felt needy and insecure, joined you in righteous indignation when you felt angry, and validated you when life isn’t going your way. But also my most valuable friends are the ones who stand for my soul, even when that means saying something my ego doesn’t want to hear.

When a friend stands for your soul, she holds you accountable to your highest potential and expects you to do the same for her. When a friend stands for your soul, she understands how your ego operates—and loves and accepts you in spite of-*even because of*- what she knows. But she doesn’t sit by complacently when she watches you create your own suffering. She calls you on it lovingly and pushes you in the direction of your highest self.

*“I am a beacon of light shining in the darkness;
within me burns the fire of inspiration urging me onward and upward.
I feed this fire with Grace, Grit, and Gratitude—offering space to everything &
everyone, including myself, in which to awaken, remember, decide, and grow.
From this place of Transformative Synergy we all surrender to the process of
first F.L.Y.ing, and then SOARing, into a higher state of Being.”*

~ Christina Kunkle

An Advanced and Powerful Blend of Best Practices



The Life You Were Born To Live & The 12 Laws of Spirit (Dan Millman)

Integrated Energy Tools to Dig 5 Layers Deep to BE Your Best Self

Honoring High Sensitivity + how to nurture and protect energetic boundaries

How to Use a Pendulum for guidance and Tips for Fine-Tuning Your Intuition

Using your Inner Wisdom as a Compass

A Deep dive into the 4 Essential Life Skills to Build Resilience and Boost Your Health, Happiness, and Prosperity:

1. Living to Work, not Working to Live
2. Adaptability
3. Flexibility
4. Agility

ABC's, 1-2-3's, Precepts and Kaizen Philosophies for Balanced Success

5 Reiki Principals + Energy Healing tools to calm a stressed nervous system

The 5 Agreements (Don Miguel Ruiz)

The Emotional Freedom "Tapping" Technique...and much, much more ☺

*"There is a space for you in the world with your name on it...
and your part is the lead part. No matter who you are,
it's the lead. Because only you can play it,
and without you it doesn't happen."*

~Flo Magdalena

EVERYTHING You'll Receive:

Features:

- **Invitations to New Year Kick-Off Workshops**
Jan 2nd / 16th Spotswood CC
- **Mid-Year Restorative Weekend Retreat @ Wintergreen Resort July 19th-21st**
- **Quarterly: 3 Restorative ½ day Adventures** (Think: “Work Smart, Play Hard, Rest Well”!) (\$257 per retreat = \$771 Value)
- **Monthly 12 VIP Passes to Synergy Success Circle Meetings.** (\$240 Value)
- **Monthly Dynamic Group Sessions** that help you shift into a Success Mindset PLUS practical, step-by-step Leadership-building strategies focused on the “Synergy Blueprint for Balanced Success.” These information-packed sessions will provide the building blocks for the new tools and skills you will learn on your journey, as well as powerful worksheets to help put them into practice right away.

Our Amplify Mastermind meetings also will incorporate small group masterminding to bring out the wisdom and experiences of the group, along with direct coaching. For the Mastermind component, you'll bring your questions and receive answers from the group. You'll also provide suggestions, ideas, and your lessons learned in response to other women's questions. The group is always smarter than any single person - this format really lets the group intelligence shine, and come together in support of each other (and you can never get *too much* support in your work and life!). Accountability is one of the top benefits of coaching. It's what will ensure that you get the most possible out of this group coaching program.

- **Weekly: Growth-Sister Check-in's**
- **Weekly: “Sunday Sojourn” ~ A Weekly Practice for Clarity**
- **Daily: Meaningful Morning Practices to Start Your Day Strong**
- **Situational: A complimentary “Spot Coaching” Call** is available to help keep you on track with your goals. If you get stuck, simply reach out to arrange some one-on-one time with me. Topics can range from discussing your mindset and helping you move through limiting beliefs; to further exploring specifics of leadership. You'll be amazed at how much we accomplish in these short calls. This will also help you practice FOCUS, a key skill for productivity. **Priority 1:1 sessions are available as needed** (@ discounted rate of \$125)
- **Situational: Priority appointments for add-on 1:1 Reiki Healing Sessions** (@ discounted rate of \$125)

2019 AMPLIFY Program Overview:

In addition to the 3rd Thursdays Amplify Mastermind curriculum, participants receive ALL THE GOODIES from every level below it, with an all-access invitation to any and all programs offered in 2019. That means the Synergy Success Circles, Elevate Meetings and Sisterhood Social Mixers/Masterclasses which are held 1st and 3rd Wednesdays from 6:30-8:30 p.m. at Spotswood Country Club in “The Grill Room”.

January 2nd I Quarter Kick-Off Workshop

“BElieve it to SEE it” Vision Board Workshop (\$10 discount on Eventbrite)

January 16th Interactive Workshop

“Turning Struggles into Stepping Stones” +

“6 Steps to Personal Freedom through Self-Leadership”.

January 17th Amplify Mastermind

February 6th Elevate

February 20th “Heart & Soul” Sister-time Mixers/Masterclasses

February 21st Amplify Mastermind

March 6th Elevate

March 20th “Heart & Soul” Sister-time Mixers/Masterclasses

March 21st Amplify Mastermind

April 3rd Elevate

April 17th “Heart & Soul” Sister-time Mixers/Masterclasses

April 18th Amplify Mastermind

May 1st Elevate

May 3rd II Quarter ½ Day Adventure 9:30 a.m.-1:30p.m.

May 15th “Heart & Soul” Sister-time Mixers/Masterclasses

May 16th Amplify Mastermind

June 5th Elevate

June 19th “Heart & Soul” Sister-time Mixers/Masterclasses

June 20th Amplify Mastermind

July 3 ~ Elevate

July 17th Sister-time Mixers/Masterclasses

July 19th-21st Amplify Mastermind Weekend Retreat at Wintergreen!

August 7th Elevate

August 9th III Quarter ½ Day Adventure 9:30 a.m.-1:30p.m.

August 15th Amplify Mastermind

August 21st “Heart & Soul” Sister-time Mixers/Masterclasses

September 4th Elevate

Sept 18th “Heart & Soul” Sister-time Mixers/Masterclasses

September 19th Amplify Mastermind

October 2nd Elevate

October 16th “Heart & Soul” Sister-time Mixers/Masterclasses

October 17th Amplify Mastermind

November 6th Elevate

November 15th IV Quarter ½ Day Adventure 9:30 a.m.-1:30p.m.

November 20st “Heart & Soul” Sister-time Mixers/Masterclasses

November 21st Amplify Mastermind

December 4th SHINE 2019!

December 18th Elevate Celebrations Session

December 19th Amplify Celebrations Session

This Group IS For you if:

- You want **high-energy, high-content.**
- You appreciate a mentor who is **willing to be vulnerable.**
- You want a mentor who will **pull back the curtain** and share it all.
- You know who you’re **BEING** is only part of the leadership success equation.
- You know what you’re **DOING** is only part of the leadership success equation.
- You work well with being given tons of **resources and templates.** You know you want to work smarter not harder.
- You will do whatever it takes to create your success – **you just need to be shown the way.**
- You have a **heart of gold and are willing to work with others,** laugh with others and receive support from others.
- You like winning **prizes.**
- You want a **hands-on program** so you can implement right away.
- You appreciate having your **questions answered.**

My wish for you is:

- That you **lead with your heart,** not your head.
- That you **let go of the load of long-ago messages & beliefs** that said "You Can't."
- That you **give willingly,** trusting the same will be given back to you.
- That you **stand tall, stand proud, stand strong** and declare LOUDLY, "These are my unique gifts and I choose to share them with as many people as possible."
- That you **stop complaining** and start creating.
- That you claim clearly, "**NO,** I will not be just like everyone else."
- That you set yourself up to **be supported.**
- That you **stop hiding** and start sharing.
- That you **open your heart,** put down your shield and allow yourself to receive.

 **AMPLIFY IN 2019!** 
Leadership Development Program Application

Please complete, (E)-sign & return agreement
Or mail to 4033 Cannery Woods Drive, Bridgewater, VA 22812
to save your space in the program

Name _____

Address _____

Email _____

Day Phone _____ **Evening** _____

Birthday (Date and Year) ____/____/____

Investment:

My intention is to make this program AFFORDABLE FOR EVERYONE. Simply choose which of these two options best suits you: For your convenience I accept checks, and credit card payments through Venmo (0% fee) Pay Pal. (+3% processing fee.)

1. __\$1,997 pre-pay in full early-bird before January 18th, 2019 (Save 3%).
2. __12 payments of \$171.41 each (first payment due at time of registration, remaining 11 payments due by 11th day of each month Feb through Dec, 2019).

Your payments **may be tax deductible as professional expense** or able to be withdrawn from flexible spending accounts. Please check with your employer &/or tax consultant.

To help ensure our time together is spent on issues that are of greatest importance to you, please keep payments easy-breezy. I ask for your prompt attention to this detail.

I understand that Christina Kunkle is not a licensed therapist and that I am responsible for all my decisions, actions and feelings.

Congratulations on giving yourself the gift of Coaching! Get ready for the amazing results of having **Inspiration, Motivation, Education, Synergy of Partnership, and Accountability** built into your powerful Group Coaching program!

Participant Signature _____ **Date** _____

***Partial Scholarships available. For more information
Contact Christina Kunkle 540-746-5206***